

NOVEMBER 5, 2017



# THIRTY-FIRST SUNDAY IN ORDINARY TIME



MALACHI 1:14B–2:2B, 8–10

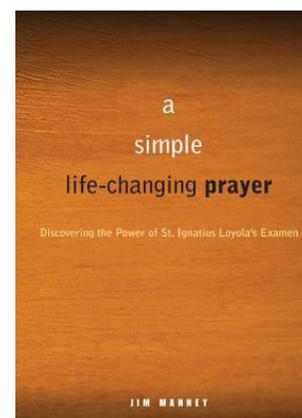
PSALM 131:1, 2, 3

1 THESSALONIANS 2:7B–9, 13

MATTHEW 23:1–12

## REFLECTION

Jesus critiques the actions of the scribes and Pharisees. He describes them as being prideful and self-important, who make their devotions in order to be seen, who love the seat of honor and being called “Rabbi.” Jesus instructs his disciples to avoid becoming prideful and boastful. He reminds us that those who exalt themselves will be humbled, but those who humble themselves will be exalted. A common saying tells us that “humility isn’t thinking less of yourself, it’s thinking of yourself less.” When you make a game-winning shot in basketball, or get the best score on a test, how do you respond? How do others respond? When we accomplish something, it can be easy to make a big deal out of it. And we should appreciate our successes. But when you celebrate your achievements in front of others, are you being humble? How do you react when you see someone else calling attention to their successes?



A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen  
**JIM MANNEY**

## ACTION

One way to remember the gifts in our daily lives is an Ignatian process called the Daily Examen, which consists of five simple steps. The first step is to become aware of God’s presence. The second step is to review your day with gratitude by focusing on people or things that you are thankful for. The third step is to become aware of your emotions, asking whether there is one particular thing that you are most grateful for. The fourth step is to pray on one part of your day that stood out in your reflection. And the final step is to look toward tomorrow, asking for guidance and gratitude. While some people practice the Daily Examen once or more a day, there is no requirement to it. It is a personal prayer, and can take only a few minutes. Consider trying a daily Examen for a week. As you become more aware of the gifts in your life, ask yourself, “How can I be a blessing to others every day?”

## JOURNALING QUESTIONS

- Reflect on the way you act each day. Do you think that you act humbly? Why or why not?
- Think about gratitude. What blessings are you grateful for? When you reflect back on your day, do you feel closer to God?